



Application of Mineral Hydrocarbonate Waters in Gastrointestinal Diseases

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ABSTRACT

This article is about the use of mineral hydrocarbonate waters in gastrointestinal diseases, their benefits for human health.

Keywords:

Mineral water, carbon dioxide, hydrogen sulfide, nitrogen, therapeutic, sodium salts, without components, sulfur, iodine, bromine, radon.

Mineral water is a natural water with a high concentration of certain mineral (sometimes organic) components, different types of gases (carbon dioxide, hydrogen sulfide, nitrogen, etc.). Uzbekistan is a country rich in mineral water in Central Asia. In the goddess of the Republic, all groups and types known in nature have been identified. Mineral water in the country has the following balneological components: sulfuric acid, iodine, bromine, radon, and carbon dioxide without specific properties and components.

Healing mineral water, inserted into a bottle, does not lose its properties if properly stored. In order to strengthen their therapeutic effect, the conditions of admission must be as close as possible to the conditions of the resort. To do this, the patient needs to adhere strictly to the work and rest regime, diet, perform morning hygienic exercises, exclude alcohol and smoking, and engage in physiotherapy exercises. If these conditions are met, the treatment of mineral water at home will not be less than resort treatment. Healing water is selected by a physician based on the physical

and chemical properties of the main disease, accompanying diseases, and water. Mineral water tanks should be kept in a cool, dark place, horizontal, at a temperature of 6-12 ° C. Unused water should be closed with a special tigris and also stored horizontally. In open glass, mineral water loses its physical and chemical properties. Depending on the individual characteristics of the patient and the nature of the disease, it is necessary to drink mineral water in the hungry stomach 3-4 times a day from 3-4 weeks to 5-6 weeks. The amount of water received at the same time is also determined by the course of the disease. In addition, the method of obtaining mineral water for various diseases will be different.

During the remission phase of chronic diseases of the liver, kidneys, gastrointestinal tract and other organs of the gastrointestinal tract, doctors often recommend that patients regularly consume mineral water (more than 4 grams per liter) with a high salt content. The main benefit of such therapy is the normalization of the balance of water-salt in the body, normalizing the biochemical

composition of blood, accelerating the removal of urea products (sodium salt yields). This also helps to balance the contents of intestinal microflora, as it stimulates the release of a large amount of salt bile (which accelerates digestion). In the treatment of the digestive system, the internal use of mineral water is especially effective. Taking it 10-15 minutes before meals or during meals stimulates digestive secretions, and water taken 1-1.5 hours before meals quickly passes from the stomach to the intestine and has an inhibitory effect on digestive secretions.

In chronic gastrointestinal tract, where the secretions and acidity of the stomach lizzard decrease, mineral water is consumed 15-30 minutes before eating 3-4 times a day. The course begins with the taking of half a glass of water with a temperature of 18-25 ° C, then the dosage is adjusted to 200-250 ml. When prescribing drinking treatment, it is necessary to take into account some cases. So, if a patient with a sharp reduction in secretions does not have free hydrochloric acid and the evacuation from the stomach accelerates, then water should be taken along with the feed at a temperature of 25-30 ° C. In chronic gastrointestinal tract, secretions and acidity decrease, decreased digestive tone, and when evacuation is delayed or the stomach is emptied, mineral water is consumed 30-60 minutes before eating. It is recommended to drink water gradually, in small ears, which will affect the digestive tract longer. If the patient immediately feels weight in the epigastral region immediately after taking it, the water should be taken in 40-60 minutes, in small ears 100-150 ml. In the presence of pain in the stomach, water should be heated to 40-50 ° C. Mineral water can be heated at home by adding boiling drinking water (quarter of a glass per bottle).

Patients with chronic gastrointestinal tract infections and thirsty secretariat function are advised to have sodium chloride or hydrocarbonate-chloride nitrogen water: aksay, arzni, hankavan, java, druskininkai, 4th and 17th, butter, etc. In chronic gastritis, where the secretor function is increased, water is consumed 3-4 times a day at the rate of 200-

250 ml an hour and a half before meals, with spasms of the gatekeeper and delayed evacuation - two to two and once. half an hour before meals. Drinking water begins at half a glass and is gradually brought to one and a half glasses. Heated water to a temperature of 38-45°C has analgesic and inhibitory effects. Also, when heated, carbon dioxide is released, which has a stimulating effect on the secretory function of the stomach. To quickly transfer the water to the intestine, it is necessary to drink it quickly, in large ears. Medicinal mineral water is natural water that has a healing effect on the human body according to its physical and chemical properties. It is used to drink medicinal mineral water, take baths, take showers, inhale, rinse. Many diseases, for example, diseases of the musculoskeletal system, the central nervous system, blood vessels, kidneys, extraction pathways, ear, throat, nasal cancers, metabolic diseases, accelerate the treatment process.

The therapeutic effect of mineral water is determined by its composition. The most common components of mineral water are: potassium, sodium, calcium, chlorine, magnesium, megotekas, sometimes iron and aluminum. We will take a deeper look at the composition of the above mineral water.

- Chlorine - The release of the kidneys has a positive effect.
- Sulfate is able to reduce membrane secretions and activity in the complex with calcium, sodium or magnesium.
- Barbara - oshqozonning sekretiya faoliyatini rag'batlantiradi.
- Potassium and sodium - support the necessary pressure in the interstitial fluids of the tissue and the body. Potassium affects changes in the heart and central nervous system, sodium delays water in the body.
- Calcium - It is able to strengthen the contracted strength of the heart muscle, increases immunity, has an anti-inflammatory effect, affects the growth of bones. Warm calcium water will help well for patients with ulcers of the stomach and gastritis .

- Magnesium - This coin is well absorbed, it helps reduce gallbladder spasms, reduces blood cholesterol levels, and has a beneficial effect on the nervous system.

In addition, the microelements we need are often found in mineral water.

- Iodine - activates the function of the thyroid gland, participates in the processes of reburge and recovery.
- Bromin - normalize the function of the cortex of the brain, the disruption process increases.
- Manganese – Favorable effects on sexual development, enhance protein metabolism.
- Copper - horoglobinka will help to move.
- Iron - carries hemoglobin, prevents anemia.
- Mineral waters containing hydrogen sulfide or carbon dioxide are the most common mineral waters. Carbon monoxide content affects the metabolism of our body. Often it accelerates metabolism and improves overall sharing. In addition, increasing the level of carbon dioxide increases respiratory activity and increases muscle tone.

From the foregoing, we can conclude that mineral water can be used as a natural tool to overcome diseases in the human body. Medical science is growing in our country today, as are all sectors. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to assist you in studying the Bible. We should not forget that in the process of using these natural tools and mineral water, medical professionals should undoubtedly be consulted. As we bring the words of our wise people, "Healthy mind," we would like to remind each of us that we should think about our health in a timely manner. Obviously, health for everyone is the greatest asset.

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